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FIRST ANNUAL REPORT

OF THE

BOARD OF TRUSTEES

AND

SUPERINTENDENT

OF THE

Arkansas State Lunatic Asylum

AT

LITTLE ROCK,

FOR THE YEAR 1883.

BY AUTHORITY.

LITTLE ROCK:
JOSEPH GRIFFITH, STATE PRINTER.
1884.

OFFICERS.

TRUSTEES:

P. O. HOOPER, M. D., President.
T. R. WELCH, D. D.,
HON. JOHN G. FLETCHER,
HON. J. M. HUDSON,
HON. JOHN W. STAYTON.

MEDICAL SUPERINTENDENT:

C. C. FORBES, A. M., M. D.

ASSISTANT PHYSICIAN:

J. M. BUCHANAN, M. D.

STEWARD:

VICTOR D. WHITE.

MATRON:

MRS. EMILY C. FORBES.

SECRETARY AND TREASURER:

S. H. BUCHANAN, D. D.

REPORT OF TRUSTEES.

OFFICE OF TRUSTEES,
ARKANSAS STATE LUNATIC ASYLUM,
LITTLE ROCK, January 1, 1884.

To His Excellency, JAMES H. BERRY, *Governor:*

SIR: In compliance with law, we herewith respectfully submit the first Annual Report as Trustees of the Arkansas State Lunatic Asylum.

Our most direct method of report will be to transmit the report of the Medical Superintendent, and statements of the Treasurer, as made to Board of Trustees at its last quarterly meeting, as they contain the results of our care and administration of the trust confided to us.

We cannot but feel gratified at the excellent results attained of the first year of our administration of this splendidly conducted eleemosynary institution.

Very respectfully your obedient servants,

P. O. HOOPER,
JOHN G. FLETCHER,
J. M. HUDSON,
JOHN W. STAYTON,
THOS. R. WELCH,
Trustees.

REPORT OF SUPERINTENDENT.

ARKANSAS STATE LUNATIC ASYLUM,
LITTLE ROCK, ARK., January 1, 1884.

To the Honorable Board of Trustees:

GENTLEMEN: In conformity with a statutory requirement, I most respectfully submit the following report, as to the condition of this institution, and its operations during the year just expired.

It had been thought that by the beginning of the year the buildings would be finished and ready for occupancy. Such was not the case, however, owing to unfavorable weather for the prosecution of the work, and it was not till February that we were enabled to occupy it, nor till the first of March that we could formally open its doors. After the workmen had done, and the building and a portion of the apparatus been inspected and received, the rubbish had to be cleared away, and the house made ready for the furniture. Pending this, all possible expedition was used, in procuring and collecting necessary and appropriate furnishing, so that it might be put in place without delay.

Upon fair investigation and inquiry, it was ascertained that the difference in prices, with freight added, was not only not against our own merchants and manufacturers, but positively in their favor; so that the rule was adopted as inflexible, to procure everything at home; while it was resolved to consider, in every instance, both quality and

price as the true basis of economy. The Legislature, guided by a judicious consideration, and actuated by a patriotic benevolence, with a view to the best interests of the institution, provided means, by an appropriation, sufficient for the purpose, and commendably liberal; avoiding extravagance on the one hand and parsimonious stringency on the other. Accordingly, the house has been comfortably furnished throughout, in all its departments, and in a manner in keeping with a State's dignity.

The first step toward organization, made by your honorable body, in the appointment of Mr. V. D. White, as steward, was followed by the nomination, by the Superintendent, of Dr. J. M. Buchanan, as assistant physician, and of Mrs. E. C. Forbes, as matron; approved also by you.

The Legislature had enacted as follows: That "it shall be the duty of the Superintendent of the Asylum, as soon as the building is ready to receive patients, to apportion to each county the number of patients it will be entitled to take in; as the terms of the proportion—the number of inhabitants in the State, the number in the county, and the number of patients the institution will accommodate; the last census of the United States to be the basis as to number of inhabitants. He shall immediately notify the county judge of each county of the number of patients the county is entitled to."

These proceedings were duly accomplished, as prescribed, and the institution being in a state of readiness for formal inauguration, notice was given to the proper authorities to that effect.

Patients began immediately to arrive, and for a considerable time came in numbers daily, till all the jails which had been used as places of confinement were emptied, and all circumstances of distress in their care and custody were relieved, to the limit of the capacity of the Asylum.

The task of arranging and classifying the population, as may well be imagined, was not an easy one. An incongruous mass of people, with no sense or appreciation whatever of order, impelled continually by the wild vagaries of mental disorder; restrained by no regard or respect for propriety or obedience; used to discipline, if at all, by sheer force only; in a large degree incapable of accommodation readily to systematic methods of management, has presented an amount of labor, with points of perplexity, not felt or known in similar institutions of longer standing. The ordeal is regarded as passed, in some measure. Efforts at inducing conformity to regulations, and at classification, to a considerable extent, have been rewarded with satisfactory results. But, in the nature of some existing facts, that high degree of good order and arrangement, so desirable in all institutions of the kind, cannot be attained to for some time to come. In the first place, the house is too limited to admit of the most advantageous classification, as demonstrated and proven by experience in other similar establishments; and, in the second place, there is an incompatibility in the races, that demands emphatically and imperatively their separation and segregation. Their management and care, when they are mixed in the same wards, give rise to frictional disturbances which there is no known means of reconciling or overcoming. Obviously, the enlargement of the building is the only remedy for the former difficulty, and the erection of an entirely separate one for the latter. The best use has been sought to be made of every available facility for separation, upon the color line. The result has been slight and unavoidable trouble, at times, where there ought not, with appropriate accommodations, to be any.

Within half a year from the opening, the wards of the institution were filled beyond the original calculation of their capacity. Under the operation of the law the distri-

bution has been as equable as possible, with reference to the counties of the State, according to their respective populations. The law "to provide for the admission of patients to, their maintenance in, and their discharge from the State Lunatic Asylum," has proven quite satisfactory, and has accomplished all the purposes, fully up to the wishes and expectations of its framers. The interests of the institution, and of the general public, are alike guarded; while its provisions are so simple and direct, and its freedom from ambiguity such, as to render its construction easy and its application efficient.

The population in the house, by counties, is as follows:

Arkansas	1
Ashley	2
Baxter	3
Benton	3
Boone	4
Calhoun	2
Carroll	4
Clark	7
Clay	2
Columbia	4
Conway	2
Craighead	2
Crawford	7
Crittenden	1
Dallas	2
Desha	2
Dorsey	3
Drew	7
Faulkner	9
Franklin	5
Garland	5
Grant	2
Greene	3

Hempstead	4
Hot Spring	4
Howard	1
Independence	3
Izard	3
Jackson	5
Jefferson	9
Johnson	4
Lawrence	3
Lee	2
Lincoln	3
Little River	1
Logan	5
Lonoke	5
Madison	2
Marion	1
Miller	4
Mississippi	1
Monroe	3
Montgomery	1
Perry	1
Ouachita	5
Phillips	12
Pike	2
Poinsett	2
Polk	2
Pope	3
Prairie	3
Pulaski	20
Randolph	5
St. Francis	2
Saline	4
Scott	2
Searcy	1
Sebastian	7
Sevier	3

Stone	1
Union	5
Van Buren	3
Washington	8
White	4
Woodruff	2
Yell	4

A few counties have more than their respective quotas in the Asylum. Others have not theirs full. In case of application from a county not having its full quota, a selection is made, as prescribed by the law, from the number belonging to the county having most largely over its proportion, and one or more discharged to make room for such applicant.

The subjoined table will show the movement of the population:

	White, Males.	White, Females.	Colored, Males.	Colored, Females.	Total.
Admitted since beginning	133	134	15	26	305
Removed, recovered, or more or less improved	17	22	1	1	41
Died	12	4	.....	1	17
Remaining	104	105	14	24	247

For many years it has been observed as a notable fact, and one which has very naturally and deservedly excited the most lively concern, that insanity has been very rapidly increasing, in a rate much beyond the increase of general population. The true reasons for such a state of case have been sought in vain; while many hypotheses have been advanced, and many speculations indulged, more lately a comparison of the native with the foreign population has discovered a far greater proportion of the malady with the latter element; the census, generally, but more especially that of the larger capitals and portions of the country where this population abounds, exhibiting the excess to the most marked degree. The general census exhibits a

proportion as large as ten per cent. of the number of insane. For some reason, which is not explained, the same relative number does not exist in this Asylum. The per centum here is only four and two-tenths.

The nativity of the inmates is given below, as far as could be ascertained:

NATIVES.

Born in	Arkansas	97
	Alabama	28
	Georgia	18
	Illinois	3
	Indiana	3
	Kentucky	13
	Louisiana	3
	Massachusetts	1
	Mississippi	27
	Missouri	8
	North Carolina	9
	New York	1
	Ohio	1
	Pennsylvania	1
	South Carolina	7
	Tennessee	37
	Texas	4
	Virginia	3
	Wisconsin	1
Unknown		39

FOREIGN.

Born in	Switzerland	1
	Ireland	2
	Norway	1
	Germany	5
	China	1
	Prussia	1
	Island of Malta	1
At sea		1

While the phases or manifestations of insanity are susceptible of classification, to a considerable extent, as according to Esquirol, and Skae, etc., still each case is as distinctly individualized as the organization and circumstances of each are different. To attempt to give anything like such a classification here would be nugatory in the extreme. As giving some light on a point that may be considered at some length hereafter, the ages of those in the house, when admitted, are given in decades of years, and according to numbers, as follows:

AGES.

Under 10 years old	3
Between 10 and 20 years	25
Between 20 and 30 years	98
Between 30 and 40 years	88
Between 40 and 50 years	58
Between 50 and 60 years	25
Between 60 and 70 years	6
Between 70 and 80 years	6

The different departments have been organized with faithful and competent heads, and with equally competent and faithful assistants; so that without personating any or instituting invidious distinctions, it is proper to state that only words of praise and commendation are the just meed of all. In the employment of so many it is not a surprise if some prove incompetent and others derelict. When such is the case they readily give way, till those possessing proper qualifications are obtained. It is a rule to employ home help as far as possible.

The steam machinery and gas apparatus have had a test of nearly a year, and have answered their respective purposes well. No trouble has been experienced with either.

The heating apparatus, as regards the first story, was

found not to give entire satisfaction, and has had to be in a measure modified. Instead of indirect, it has been found necessary to supply direct radiation of heat to that part of the building. The changes have been made by closing the registers, formerly in the floors directly over and in immediate connection with the hot air chambers, and constructing coils of steam pipes under the windows of the halls, and placing proper radiators at convenient and effective positions in the wards. Besides, it seemed best, in bitterly cold weather, to temporarily close the area spaces under the house. This has all been done, and it is now thought that the heating apparatus will henceforth prove satisfactory in the fullest degree.

The improvements that have been carried forward during the year have been somewhat varied and extensive. It has been remarked that they more resemble transformations than developments. All the grounds have been inclosed in good, substantial fences. More than one thousand panels of plain, running board fence have been placed on the outer lines. Five hundred panels of tall, picket structure inclose the immediate grounds of the institution. A slight structure of handsome pattern has been placed around the yards to the rear of the building, whilst a railing incloses those of the front. A line of pickets surrounds the reservoir. An ample paddock and piggery have been provided.

Of buildings may be counted a capacious and substantial barn; a shapely byre, a smoke-house, coal-house and shed, pump-house, etc., etc. All have been appropriately painted or whitewashed.

Around the house the surface of the ground was uneven in places, and in others the inclination with regard to the watershed was objectionable; so that a good deal of grading and some filling had to be done. At the same time

appropriate drains and gutters were constructed. The whole front of the center building has been provided with a spacious pavement, with substantial curbing, corners and sills.

While no attempt has been made at landscape ornamentation, necessary roads have been located, laid out and graded. This is regarded as having been done somewhat tastily, while throughout their extent the ditching, filling and culverts have received special care. This improvement has been extended along the outside of the grounds, from the point of entrance, through an adjacent lane, to their extreme limits. A portion has received a partial top dressing of gravel, which is intended for the whole.

The open ground in front of the house was plowed and harrowed well in the spring, and sowed down with oats and orchard grass. The same treatment was extended to the yard about the house, except that white clover substituted the grass. In these localities Bermuda grass was planted early in the autumn.

A practical and very capable gardener was employed in the beginning of the season, and the work of clearing off and preparing a garden was begun. But the labor to be performed in converting a forest into a garden was such that it was rather late before the planting of crops could begin. Still the task was pursued with intelligent direction and indefatigable earnestness; and the results have been as surprising as they were gratifying. A sufficiency of many vegetables was realized in season. Many, in excess of abundance, went to waste.

The extent of fully one-fourth of the entire tract of land has been cleared. Where forests and dense thickets of brush were presented, fields and handsome groves now appear. Care and attention to natural surroundings may

substitute the labor of years in the work of ornamentation. Only a slight beginning has been made, but enough has been done to warrant what has been said.

When the drouth set in, which visited this locality last summer, fears were entertained that the water supply would not be sufficient; or, at least, that the supply of good water would be short. Much concern was experienced, and various plans of remedy were canvassed. At length it was determined to explore the grounds about the house, by driving wells at convenient points. The result was inexpressibly gratifying. At a depth of from fourteen to twenty feet a supply was found of a quality that could scarcely be excelled. Half a dozen wells yielded a sufficiency with close economy, but with the almost positive promise of an ample abundance upon the further prosecution of the work. This has put to rest all anxiety on the subject, and lulled every apprehension that had existed. The wells were located in such a manner that they could be connected with a continuous pipe, attached to the main pump, each provided with a stop-cock, so that either one, or more, or all could be worked at once. The location and elevation of the grounds are such, besides, that it will be entirely practicable, if it should ever be desirable, to syphon the water over and discharge it into a reservoir at the base, or on the side of the hill. Altogether this water supply, as it exists, and as it is unquestionably capable of being further developed, comprehends a resource of incalculable advantage, as an ample quantity of the very purest and best quality of fountain water may be, with comparatively trifling expense, easily distributed, by means of pipes or syphons, to any point that may be reasonably desired. Moreover, it will render it possible to dispense entirely with the water of the reservoir for use in the institution. The reservoir is supplied mainly by surface drainage, and it is situated in a large inclosure,

which may now, with the arrangements indicated, be allotted to the cattle of the dairy.

The plans upon which the dairy is proposed to be established are based upon the above suggestions. The cow-house has been placed near the reservoir, so that the body of water will be reserved for the stock, and at the same time an adjacent spring may be utilized by the dairyman. The arrangements have been partially effected by the collection of a herd of cows sufficient for the production of about one-half the milk supply for the requirements of the Institution. It is proposed to establish a dairy that will afford a quantity of the best milk, sufficient for the consumption of the entire Asylum.

Last spring a number of German carp, supplied by the general government, in its annual distribution, were placed in the reservoir. Before that, however, its waters had become infested with a large number of perch, and the varieties being said to be incompatible, it was determined in the summer when the water was low, to empty the reservoir, provide temporary accommodations elsewhere for the carp and to destroy the perch. After having done so, and when the reservoir had regained a sufficiency of water, they were put back, and now occupy it to the exclusion of all varieties. Confidence is felt that, without some untoward occurrence, the yield from the present plant will be sufficient to meet all reasonable demands. There are grounds to expect that the number will be further increased by the government hatcheries.

Much of what has been accomplished, as indicated, has been done by the labor of the inmates of the Institution. It has been made a point to utilize the labor of all, not for the purpose of profit or advantage, but for the mental and physical well being of each. It was growing late in the season before anything like an effective force could be or-

ganized. As fast as possible, however, they have been put to the performance of such duties and light labor as they seemed capable of, till later along, up to the setting in of inclement weather, considerable bodies of men went out daily, in suitable weather, while a similar number of females are provided with employment in the sewing room and laundry. Others were employed about ward and house duties; so that the rule is, without exception, that all who are able must be busied at something, and with the prime purpose in view of benefit to the patient; it is sought, at the same time, to turn their employment to a useful account.

Of equal importance and benefit, when interspersed with moderate and timely labor, are moderate and timely amusements. But few facilities for such are at hand; but the most is endeavored to be made of whatever is available. Reading, writing, games and music, about make up the total. Now and then an extemporized debating society will beguile the hours of their tedium; or, maybe, some one will venture upon a lecture—for all the learned professions have representatives here. Or probably, the song and dance may give a sprightlier turn, and inspire a livelier mettle. About once a month a public dance is given, to which a limited number are invited by turns. These occasions are conducted with the best and strictest order, and afford an enjoyment scarcely equaled by any other character of pastime. To a stranger, looking on, it is often a matter of astonishment to witness the unexceptionable propriety of behavior among a population that requires constant custodial care.

As often as every month, or thereabouts, religious exercises are held in the chapel. About sixty per cent. of the entire population usually attend, and nearly all who attend fully appreciate and largely enjoy them. The Insti-

tution is indebted to the ministers of Little Rock for the exercise of their sacred offices on these occasions.

As to the treatment there is but little to remark. It has been attempted to be in the main in accordance with the advanced ideas which have been the outgrowth of the experience of the great body of alienists. Generally there is but slight, if any, disagreement on the subject. Only on one point is there an essential difference. That is as to management, rather than medical treatment. It is the matter of restraint. In this the middle line has been regarded, as it is in so many other matters of opinion, as "the safer way." There is not what is known as a lodge or strong room in the house. There is not a crib bed here. On the other hand there are no lockless doors, so much vaunted; nor plate glass windows without guards. Rational treatment of irrational people is endeavored to be inculcated all about the place. All understand that idea, and it is believed that all practice upon it. Harsh words, abruptness or authoritative tirade is not thought of. Still it is not thought out of place, on proper occasions, to observe and exercise a degree of firmness that will afford a wholesome discipline to the moderately insubordinate. Gentle words and demeanor toward the insane constitute the *summum bonum* of their care and management; but lullabies scarcely avail. There is no objection to appropriate mechanical restraint, judiciously applied. It is seldom necessary, and then it is only a choice between that and manutension, or a surveillance that is often hateful. The camisole, wristlets, mittens and anklets are the restraints sometimes resorted to; but only with the violently maniacal or those violently destructive of clothing. In the former cases they are preferred, because they do not irritate or further exasperate the individual, who will be tranquilized much more readily, it is believed, if so restrained, than if worried by what are apt to be regarded

as pragmatical attentions. With those possessed of destructive proclivities, while such restraints do not give discomfort, they effectually prevent the indulgence of very expensive inclinations sometimes. In institutions like this, which is purely charitable, and therefore conducted upon a pauper basis, the question of economy is not to be ignored. It is cheaper for a patient to wear a pair of locked mittens or a camisole, than to be permitted to destroy clothing or bedding, or to damage or deface the building or furniture; and it is far cheaper than to occupy the entire time of one person in the care of one possessed of such tendencies. Restraints are never applied, except by direction or permission of one of the medical officers, and are removed in the same way. General results of treatment have been in the main satisfactory. The death-rate, all things considered, has been small; while the list of recoveries, for the length of time, has been such as to excite no sense of dissatisfaction.

The general health of the population has been uniformly excellent. In this, as in all things else, we have abundant occasion for gratitude to a merciful and beneficent Providence, to whose tender care we cannot but be sensible that we owe not only health, but existence even.

The institution is indebted to many generous and benevolent individuals for numerous kindnesses.

At the instance of your honorable board, the Hon. H. M. McVeigh presented to the Asylum a life-size oil portrait of himself. He was largely instrumental in the creation of the institution, and one of the earliest leaders in its advocacy. His portrait has been assigned a place above the mantle in the public parlor, so that none who enter can fail to observe the strikingly faithful presentment of the author of the movement in the Legislature, which eventuated in

the erection of the institution, and one who has ever since manifested the warmest interest for its success.

The portraits also of Hon. James Rutherford and of Hon. George Thornburgh, of less size, who were the co-laborers of Mr. McVeigh in the advancement of the much-needed charity, have been assigned positions above the mantle in the library, which constitutes a portion of the public parlor, when the doors which separate them are thrown back. Together they constitute a trio to whom the benevolent and a generous public will ever accord the undisputed meed of a most sincere gratitude.

Acknowledgments are due to Mr. John S. Pierson, of New York, for a most liberal donation of books, pictures, stereoscope and stereoscopic views, pictures, games and the like. Such liberality, there is abundant reason to know, is not unusual with the benevolent donor. To this Asylum his liberality has been most timely, and he has the assurance of the profoundest gratitude.

Mrs. E. W. Gibb, of Little Rock, presented a large number of illuminated serials. They are most acceptable, and the amiable donor is the recipient, in turn, of the thanks of all into whose hands they fell. It is a rule to acquaint the unfortunate with the names of all donors.

Mr. Max Parker, the extensive and enterprising furniture dealer of Little Rock, placed the Asylum under obligations for a handsome pulpit for the chapel. It is an elegant pattern, and reflects credit alike upon the taste and liberality of Mr. Parker.

In conclusion, gentlemen, it affords me sincere pleasure to acknowledge the sense of gratitude which I have all along experienced, on account of the numerous manifestations of your partiality and confidence; and while I thank

you most cordially for your uniform courtesy and consideration, I would not fail to congratulate you upon what can not otherwise than be esteemed a highly creditable conduct of this institution during the year past.

I trust you will believe me, with sentiments of profound regard,

Most truly and sincerely,

C. C. FORBES.

REPORT OF THE TREASURER.

Report of Treasurer of State Lunatic Asylum for the Year ending December 31, 1883.

1883. January 1.....	Balance with Treasurer, as per last report.....	$ 348 45	
February 28..	Received on account of appropriation of $150,000 to build Asylum, approved February 8, 1881.....	41,402 99	
December 31..	Paid, as per vouchers No. 100 to 135 inclusive.....		$41,751 44
		$41,751 44	$41,751 44
December 31..	Received on account of appropriation of $20,000 to clean and fence grounds and furnish Asylum, approved January 25, 1883.....	19,946 59	
	Paid, as per vouchers No. 1 to No. 110 inclusive.....	19,459 23	
	Balance with Treasurer.....		487 36
December 31.	Received on account of appropriation of $118.228 for maintenance of Asylum, approved March 17, 1883	37,011 85	
	Paid, as per vouchers No. 1 to No. 459 inclusive.....	33,733 33	
	Balance with Treasurer.....		3,278 52
December 31..	Received from pay patients.....	624 00	
	Refunded to pay patients.....	82 85	
	Balance with Treasurer.....		541 15
December 31..	Received for deficiency of patients' clothing.....		73 68
	Total balance with Treasurer.....		$4,381 71

STATEMENT OF APPROPRIATIONS.

1881. February 8...	Appropriation to build Asylum.....	150,000 00	
	Received on account of appropriation.....	149,988 33	
1883. January 25...	Lapsed into State treasury.....		11 67
December 31..	Appropriation to furnish Asylum.....	20 000 00	
	Received on account of appropriation.....	19,946 59	
	Balance in State treasury to credit of Asylum...		53 41
1883. March 17.....	Appropriation to maintain Asylum.....	118,228 00	
December 31..	Received on account of appropriation.....	37,011 85	
	Balance in State treasury to credit of Asylum.....		81,216 15
December 31..	Total balance in State treasury to credit of Asylum.....		$81,269 56

S. H. BUCHANAN, *Treasurer.*